



# Reculver Church of England Primary School

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**Headteacher:** Mrs Jenny Ashley-Jones BA Ed (Hons)

**Deputy Headteacher:** Mrs Stella Collins BA (Hons)

Together...

Believing, Achieving, Succeeding.

Dear Parent / Guardian

We are delighted to offer your child a place on a **Bikeability** cycle training course (to Level 2), at Reculver Church of England Primary School commencing Friday 22<sup>nd</sup> June 2018.

Bikeability is a new and much-improved version of the classic Cycling Proficiency Test. The training will be delivered by Hot Chilli Cycles - a local Bikeability accredited scheme organisation ([www.hotchillicycles.co.uk](http://www.hotchillicycles.co.uk)). Training places are partly funded by East Kent & Coastal Schools Games Partnership and parents are asked to pay just £10 to the running of it. The number of Bikeability places is limited.

**An un-roadworthy bike may mean your child cannot take part in the course but we will bring in a couple of spare bikes and helmets. Please check the condition of your child's bike prior to the course but we will carry out a safety check and basic bike fixes.**

- Squeeze both tyres. If necessary inflate until they are hard
- Apply the front brake. It should stop the bike when pushed forward
- Apply the rear brake. It should stop the bike when pulled backward
- The chain should move freely between the gears (on a bike with gears) and not jump off. It should be properly lubricated and not rusty
- Hold the front wheel between your legs and try to turn the handlebars. They should not move side to side
- Wheels, pedals and seat should be firmly secured
- When sat on the bike, your child should be on tip-toes. The seat should be at or below the maximum height mark

The course begins with bike skill games on the playground. This will then be followed by basic exercises on local roads. Trainees will work in pairs/triples with one instructor for each road session. Please note that this course is designed for children who can already ride a bicycle.

For more information about Bikeability, please visit <https://bikeability.org.uk/faqs/>

If you wish your child to take part please complete the consent form below and return it to school **by Friday 25<sup>th</sup> May 2018**.

**AS THIS IS AN EXTERNAL COMPANY WE WILL BE ASKING FOR PAYMENT TO BE MADE BY CASH FOR THIS TRIP. PLEASE DO NOT SEND CASH IN WITH YOUR CHILD. WE ASK THAT YOU MAKE PAYMENT AT THE SCHOOL OFFICE.**

### Bikeability Cycle Training: Consent Form

Please read and complete this form and return it to school. Thank you.

Parent/Guardian's name.....Child's name..... Photos Yes or No

I am the parent or legal guardian of the above child and I give my consent for them to participate in the Bikeability cycle training provided at their school. I understand that:

Some of the training will take place in public spaces and on roads

Completion of training does not mean that it is safe for my child to cycle in all conditions. To become a proficient cyclist takes practice.

The instructor may, at any time, refuse to train my child if their behaviour or competence is deemed to be unsuitable. Please inform us of any issue or medical condition that may be relevant to us coaching Bikeability.

I enclose a £10 cash contribution

..... Signed Parent/Guardian

